



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09277, Plantains, raw

Report Date: June 30, 2017 23:36 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor: 3.36 Nitrogen to Protein Conversion Factor: 6.25

Refuse:35% Refuse Description: Skin and stems

Nutrient	Unit	1	Data points	Std. Error	1 cup, sliced 148g	1 medium 179g
		Value Per100 g				
Proximates						
Water	g	65.28	19	1.063	96.61	116.85
Energy	kcal	122	--	--	181	218
Energy	kJ	510	--	--	755	913
Protein	g	1.30	15	0.138	1.92	2.33
Total lipid (fat)	g	0.37	15	0.073	0.55	0.66
Ash	g	1.17	15	0.161	1.73	2.09
Carbohydrate, by difference	g	31.89	--	--	47.20	57.08
Fiber, total dietary	g	2.3	--	--	3.4	4.1
Sugars, total	g	15.00	--	--	22.20	26.85
Minerals						
Calcium, Ca	mg	3	3	0.289	4	5
Iron, Fe	mg	0.60	3	0.004	0.89	1.07
Magnesium, Mg	mg	37	6	1.510	55	66
Phosphorus, P	mg	34	3	2.148	50	61
Potassium, K	mg	499	8	43.068	739	893
Sodium, Na	mg	4	6	2.667	6	7
Zinc, Zn	mg	0.14	3	0.017	0.21	0.25
Copper, Cu	mg	0.081	3	0.005	0.120	0.145
Selenium, Se	µg	1.5	--	--	2.2	2.7
Vitamins						
Vitamin C, total ascorbic acid	mg	18.4	15	2.282	27.2	32.9

Nutrient	Unit	1			1 cup, sliced 148g	1 medium 179g
		Value Per 100	Data points	Std. Error		
Thiamin	mg	0.052	3	0.004	0.077	0.093
Riboflavin	mg	0.054	3	0.013	0.080	0.097
Niacin	mg	0.686	3	0.008	1.015	1.228
Pantothenic acid	mg	0.260	3	0.008	0.385	0.465
Vitamin B-6	mg	0.299	3	0.004	0.443	0.535
Folate, total	µg	22	6	1.000	33	39
Folic acid	µg	0	--	--	0	0
Folate, food	µg	22	6	1.000	33	39
Folate, DFE	µg	22	--	--	33	39
Choline, total	mg	13.5	--	--	20.0	24.2
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	56	3	3.147	83	100
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	457	--	--	676	818
Carotene, alpha	µg	438	--	--	648	784
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	1127	3	62.933	1668	2017
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	30	--	--	44	54
Vitamin E (alpha-tocopherol)	mg	0.14	--	--	0.21	0.25
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	0.7	--	--	1.0	1.3
Lipids						
Fatty acids, total saturated	g	0.143	--	--	0.212	0.256
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.001	--	--	0.001	0.002
12:0	g	0.002	--	--	0.003	0.004
14:0	g	0.002	--	--	0.003	0.004

Nutrient	Unit	1			1 cup, sliced 148g	1 medium 179g
		Value Per 100	Data points	Std. Error		
16:0	g	0.096	--	--	0.142	0.172
18:0	g	0.005	--	--	0.007	0.009
Fatty acids, total monounsaturated	g	0.032	--	--	0.047	0.057
16:1 undifferentiated	g	0.009	--	--	0.013	0.016
18:1 undifferentiated	g	0.021	--	--	0.031	0.038
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.069	--	--	0.102	0.124
18:2 undifferentiated	g	0.043	--	--	0.064	0.077
18:3 undifferentiated	g	0.025	--	--	0.037	0.045
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.015	2	--	0.022	0.027
Threonine	g	0.034	2	--	0.050	0.061
Isoleucine	g	0.036	2	--	0.053	0.064
Leucine	g	0.059	2	--	0.087	0.106
Lysine	g	0.060	4	--	0.089	0.107
Methionine	g	0.017	4	--	0.025	0.030
Cystine	g	0.020	3	--	0.030	0.036
Phenylalanine	g	0.044	2	--	0.065	0.079
Tyrosine	g	0.032	2	--	0.047	0.057
Valine	g	0.046	2	--	0.068	0.082
Arginine	g	0.108	2	--	0.160	0.193
Histidine	g	0.064	2	--	0.095	0.115
Alanine	g	0.051	2	--	0.075	0.091
Aspartic acid	g	0.108	2	--	0.160	0.193
Glutamic acid	g	0.116	2	--	0.172	0.208

Nutrient	Unit	1			1 cup, sliced 148g	1 medium 179g
		Value Per 100	Data points	Std. Error		
Glycine	g	0.045	2	--	0.067	0.081
Proline	g	0.050	2	--	0.074	0.090
Serine	g	0.041	2	--	0.061	0.073
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0
Flavonoids						
Isoflavones						
Daidzein ¹	mg	0.00	1	--	0.00	0.00
Genistein ¹	mg	0.00	1	--	0.00	0.00
Total isoflavones ¹	mg	0.00	1	--	0.00	0.00

¹Liggins, J., Bluck, L. J. C., Runswick, C., Atkinson, C., Coward, W. A., and Bingham, S. A. **Daidzein and genistein content of vegetables.**, 2000 Brit. J. Nutr. 84 pp.717-725